



### Academic Personnel Short Profile / Short CV

<b>University:</b>	University of Nicosia
<b>Surname:</b>	Zampelas
<b>Name:</b>	Antonis
<b>Rank/Position:</b>	Professor
<b>Faculty:</b>	Sciences and Engineering
<b>Department:</b>	Life and Health Sciences
<b>Scientific Domain: *</b>	Nutrition

*\* Field of Specialization*

### Academic qualifications (list by highest qualification)

Qualification	Year	Awarding Institution	Department	Thesis title (Optional Entry)
BSc	1988	Agricultural University of Athens	Food Science and Technology	
Masters of Science (MSc) in Food Science	1989	University of Reading, Reading, UK	Department of Food Science and Technology	
PhD in Clinical Nutrition	1993	University of Surrey, Guildford, Surrey, UK	Centre of Nutrition and Food Safety, School of Biological Sciences	Effect of dietary fatty acid structure and composition on postprandial lipid metabolism

### Employment history in Academic Institutions/Research Centers – List by the three (3) most recent

Period of employment		Employer	Location	Position
From	To			
2020	today	Hellenic Food Authority	Athens, Greece	President of the Management Board
2015	today	University of Nicosia	Nicosia, Cyprus	Visiting Professor
2011	today	Department of Food Sciences and Human Nutrition, Agricultural University of Athens	Athens, Greece	Professor in Human Nutrition

### Key *refereed* journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected –(max total 10)

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Pages
1	2021	Assessment of Eating Habits and Lifestyle during Coronavirus Pandemic in the MENA region: A Cross-Sectional Study	Ismail LC, Osaili TM, Mohamad MN, Al Marzouqi A, Jarrar AH, Habib-Mourad C, Abu Jamous DO, Ali HI, Al Sabbah H, Hasan H, Al Marzooqi LMR, Stojanovska L, Hashim M, Obaid RRS, Elfeky S, Saleh ST, Shawar ZAM, and Al Dhaheri AS	Br J Nutr		doi: 10.1017/S0007 114520004547
2	2021	Sociodemographic and lifestyle determinants of depressive	Michas G, Magriplis E, Michas R, , Chourdakis M, Chrousos	J Affect Dis	281:	192-198

		symptoms in a nationally representative sample of Greek adults: The Hellenic National Nutrition and Health Survey (HNNHS)	GP, Roma R, Dimitriadis G, Panagiotakos DB			
3	2021	Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries: Pooled analysis of 2,086 population-based studies with 65 million participants	NCD Risk factor collaborators	The Lancet	396(10261)	1511-1524
4	2021	Heart failure prevalence and comorbidities among Greek adults: The Hellenic National Nutrition and Health Survey (HNNHS)	Michas G, Magriplis E, Panagiotakos DB, Chourdakis M, Micha R, Filippatos G	Hel J Cardiol	S1109-9666(20)	30191-3
5	2021	Micronutrient Intakes and their Food Sources among Greek Adults	Mitsopoulou AV, Magriplis E, Michas G, Micha R, Chourdakis M, Chrousos GP, Roma E, Panagiotakos DB, Zampelas A	J Human Nutr Diet		doi: 10.1111/jhn.12840.
6	2021	Effects of three different family-based interventions in overweight and obese children: the “4 your family” randomized controlled trial	Varagiannis P, Magriplis E, Risvas G, Vamvouka K, Nisianaki A, Papageorgiou A, Pervanidou P, Chrousos GP	Nutrients	13	341 doi: 10.3390/nu13020341

7	2020	Repositioning of the global epicentre of non-optimal cholesterol	NCD Risk Factor Collaborators (NCD-RisC)	Nature	582	73-77
8	2020	Intake and contribution of food groups to vitamin D intake in a representative sample of the adult Greek population. 2020;	Dimakopoulos I, Magriplis E, Mitsopoulou A-V, Karageorgou D, Bakogianni I, Micha R, Michas G, Chourdakis M, Chrousos GP, Roma E, Panagiotakos DB	Nutrition		doi: 10.1016/j.nut.2019.110641
9	2020	Dietary patterns in the prevention of cardiovascular diseases: A review of the evidence	Magriplis E.	Proc Nutr Soc	79(1)	68-75
10	2018	Structured advice provided by a dietitian increases adherence of consumers to diet and lifestyle changes and lowers blood low-density lipoprotein (LDL)-cholesterol: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial	Sialvera TE, Papadopoulou A, Efsthathiou SP, Trautwein EA, Ras RT, Kollia N, Farajian P, Goumas G, Dimakopoulos I, Papavasiliou K	J Hum Nutr Diet	31(2)	197-208